



Chocolate or Butterscotch Chip Pecan & Toasted Wheat Germ Cookies

READY IN



75 min.

SERVINGS



20

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butterscotch morsels and extra chocolate chips cup of 1 of type of chips dark
- ☐ 1 large eggs
- ☐ 3.4 ounces flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup pecans toasted finely chopped
- ☐ 0.5 teaspoon salt

- ☐ 4 ounces butter unsalted room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup wheat germ toasted

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ pizza cutter

Directions

- ☐ Preheat oven to 250 degrees F. Line two large (13×1
- ☐ heavy duty rimmed baking sheets with nonstick foil. Parchment should be fine, too. With an electric mixer beat the butter until creamy.
- ☐ Add both sugars and continue beating until creamy. Beat in the vanilla.
- ☐ Add the egg and beat until mixture is lighter in color and fluffier (about 2 minutes). Beat in the salt and baking soda. By hand, stir in the flour. When flour is incorporated, stir in the wheat germ and pecans. At this point, you might want to divide the batter in half and add chocolate chips to one half and butterscotch chips to the other. Divide the dough into four sections. Starting with one baking sheet, press two sections of dough, side by side, as thinly as you can on the baking sheet. The point of doing it in two sections rather than one big one is to get more edge pieces. Repeat, pressing the other two dough sections side by side on the second sheet. If using the pretzels, break them into small pieces and press into dough. If you have time, bake one sheet at a time on middle rack. Otherwise, bake sheets on lower and middle rack, alternating halfway, for 45 minutes.
- ☐ Remove from oven and using a pizza cutter, cut into uneven triangles and such. Return to the oven and bake for another 15 minutes.
- ☐ Let cool at room temperature for about 10 minutes, then carefully transfer to to a wire rack and let cool completely. Bark should crisp as it cools.

Nutrition Facts

PROTEIN 3.8%

FAT 48.8%

CARBS 47.4%

Properties

Glycemic Index:7.75, Glycemic Load:6.16, Inflammation Score:-1, Nutrition Score:2.837391336651%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 149kcal (7.45%), Fat: 8.29g (12.75%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 18.12g (6.04%), Net Carbohydrates: 17.53g (6.38%), Sugar: 13.06g (14.51%), Cholesterol: 21.49mg (7.16%), Sodium: 91.55mg (3.98%), Alcohol: 0.07g (100%), Alcohol %: 0.27% (100%), Protein: 1.45g (2.9%), Manganese: 0.35mg (17.6%), Vitamin B1: 0.08mg (5.61%), Selenium: 3.8µg (5.42%), Folate: 14.86µg (3.71%), Phosphorus: 31.4mg (3.14%), Vitamin A: 156.72IU (3.13%), Vitamin B2: 0.05mg (2.88%), Copper: 0.06mg (2.85%), Iron: 0.47mg (2.61%), Zinc: 0.37mg (2.49%), Fiber: 0.58g (2.33%), Magnesium: 8.73mg (2.18%), Vitamin B3: 0.43mg (2.13%), Vitamin B6: 0.03mg (1.66%), Potassium: 54.54mg (1.56%), Calcium: 13.84mg (1.38%), Vitamin E: 0.2mg (1.33%), Vitamin B5: 0.13mg (1.29%)